

Mar-Del Watermelon Association

Each year at the Delaware State Fair, one of the biggest hits is the opportunity to try fresh, delicious, ice cold watermelon and to sample some innovative watermelon recipes. This year's Mar-Del Watermelon Queen, Jessica Leigh Haden, was on-site to continue the tradition.





Watermelon Breakfast a Go Go

In a large , cylindrical glass, “to go” cup or container, or plastic glass, create the following parfait:

Bottom layer: low-fat granola

Next Layer: small chunks of watermelon

Next Layer: banana yogurt

Next layer: low-fat granola

Next Layer: small chunks of watermelon

Top Layer: banana yogurt

Garnish: A slice of banana, toasted almonds or coconut, small chunks of watermelon or a strawberry.



Watermelon Fire and Ice Salsa

**3 cups seeded and chopped watermelon
1/2 cup green peppers
2 tablespoons lime juice
1 tablespoon chopped cilantro
1 tablespoon green onion
1-2 tablespoons jalapeño peppers**

Combine ingredients; mix well. Place in a container and refrigerate 1 hour or more. Makes 3 cups.